

## WHAT IS CLAIMED IS:

1. A method of treating a patient with mild cognitive impairment who is 45 years or  
5 older and has normal levels of cortisol for a human population of that age, the method  
comprising administering to the patient a therapeutically effective amount of a specific  
glucocorticoid receptor antagonist, wherein the patient meets the following criteria:
  - (i) obtains at least one perfect score on the Folstein Mini Mental Status Exam in  
three administrations of said Exam;
  - 10 (ii) receives a rating of 0.5 on the Clinical Dementia Rating Scale, and
  - (iii) scores 1.5 standard deviations or below the age- and education-adjusted normal  
value on a paragraph recall test.
2. The method of claim 1, wherein the amount of glucocorticoid receptor antagonist  
15 will prevent further memory impairment.
3. The method of claim 1, wherein the amount of glucocorticoid receptor antagonist  
will improve performance on a paragraph recall test.
- 20 4. The method of claim 1, wherein the glucocorticoid receptor antagonist comprises a  
steroidal skeleton with at least one phenyl-containing moiety in the 11-beta position of the  
steroidal skeleton.
5. The method of claim 4, wherein the phenyl-containing moiety in the 11-beta  
25 position of the steroidal skeleton is a dimethylaminophenyl moiety.
6. The method of claim 4, wherein the glucocorticoid receptor antagonist comprises  
mifepristone.
- 30 7. The method of claim 4, wherein the glucocorticoid receptor antagonist is selected  
from the group consisting of RU009 and RU044.

8. The method of claim 1, wherein the glucocorticoid receptor antagonist is administered in a daily amount of between about 0.5 to about 20 mg per kilogram of body weight per day.
- 5 9. The method of claim 8, wherein the glucocorticoid receptor antagonist is administered in a daily amount of between about 1 to about 10 mg per kilogram of body weight per day.
- 10 10. The method of claim 9, wherein the glucocorticoid receptor antagonist is administered in a daily amount of between about 1 to about 4 mg per kilogram of body weight per day.
11. The method of claim 1, wherein the administration is once per day.
- 15 12. The method of claim 1, wherein the mode of administration is oral.
13. The method of claim 1, wherein the mode of administration is by a transdermal application, by a nebulized suspension, or by an aerosol spray.
- 20 14. A kit for treating MCI in a human, the kit comprising:  
a specific glucocorticoid receptor antagonist; and,  
an instructional material teaching the indications, dosage and schedule of  
administration of the glucocorticoid receptor antagonist to a patient with mild cognitive  
impairment who is 45 years or older and has normal levels of cortisol for that age, wherein  
25 the patient:  
(i) obtains at least one perfect score on the Folstein Mini Mental Status  
Exam in three administrations of said Exam;  
(ii) receives a rating of 0.5 on the Clinical Dementia Rating Scale, and  
(iii) scores 1.5 or more standard deviations below the age- and education-  
30 adjusted normal value on a paragraph recall test.
15. The kit of claim 14, wherein the instructional material indicates that the

glucocorticoid receptor antagonist can be administered in a daily amount of about 0.5 to about 20 mg per kilogram of body weight per day.

16. The kit of claim 14, wherein the instructional material indicates that the  
5 glucocorticoid receptor antagonist can be administered in a daily amount of about 1 to about 10 mg per kilogram of body weight per day.

17. The kit of claim 14, wherein the instructional material indicates that the  
10 glucocorticoid receptor antagonist can be administered in a daily amount of about 1 to about 4 mg per kilogram of body weight per day.

18. The kit of claim 14, wherein the glucocorticoid receptor antagonist is mifepristone.

19. The kit of claim 14, wherein the mifepristone is in tablet form.